LITTLE TALKS ON BABYOLOGY

BY ANNA STEESE RICHARDSON

Director of the Better Babies Bureau of the Woman's Home Companion.

event to every mother. However short goric bottle in the modern nursery, ever, should not be served in quanor long a period she has nursed him. They are the indicator of baby's continuous in tity, just occasionally as an alternate she is loath to deny berself the ec. dition. From these variations in stacy of feeling her child draw on her weight, causes of illness are traced, with the breast milk or modified bottle breast, the clinging of moist lips, the silenced by narcotics.

opment These symptoms are:

1. Excessive vomiting, with loss of enough for the milk to run out easily. acid quality not found in cow's milk. weight or no increase of weight for When a baby under eight months is which the baby's system requires. The

of weight or no increase of weight for with water and sugar. two weeks or more.

in spite of the fact that otherwise the served to him this way and in small comer in the family circle. Also his

haby should be weighed regularly. In Then soft cereals may be fed with a ers I have met at contests tell me that

MISS MARY LINDSAY OLIVER

NO. 5-WEANING THE BABY, fact, a pair of scales has taken the spoon, and finally stale bread, softened Weaning her first baby is a dread place of the soothing syrup or para- in warm milk. These soft foods, how-

reaching out of helpless little fingers. When any such emergency arises, mother or child to nurse the baby ex. or rice with hot milk and a little such a long that the process of wearing must be short clusively after the 12th month. In gar. she will feel this joy to a lesser de- and quick. Generally a trained nurse fact, it should be weaned completely gree and gradually beby will grow or a firm, intelligent and patient memfrom her to the sterner things of life. ber of the family must take the baby Then, too, when the baby has thriv. away from the sick mother. If, as I ed on breast milk, there is always suggested in the third article of this come flabby. more or less fear of substituting arti- series, the baby has learned to take ficial food for that which nature has an occasional bottle of modified milk. so generously and safely supplied. the task of weaning will be lightened. For this reason weaning should be a lf he has not been trained to do this, baby should be having three bottles a egg with stale bread or teast and a gradual process, not abrupt, unless then the process of wearing is trying day and two meals of soft food. At glass of milk. emergencies demand sudden weaning to both mother and nurse.

Such emergencies include acute ill- The cylindrical bottle described in daily meals of soft food and a bottle ness on the part of the mother, fever, an earlier talk should be filled with at 10 o'clock. At 18, the bottle is laid tuberculosis, serious kidney affections, modified milk and then set in a pan of aside, there are no night feedings, and above. 2. Scraped beef, white meat as nervous breakdown approximation and the set in a pan of aside, there are no night feedings, and a nervous breakdown, anemia, or pro- hot water until the milk reaches what the baby is weaned. gressive loss of weight in the mother. is known as body temperature. This The breast-fed baby that gains two slices crisp, breiled bacon, steak In such cases the baby must be wean is tested by dropping a little on the steadily needs nothing but breast milk or chop cut fine. 3. Mashed or baked ed at once. Again, there are instances forearm, never by putting the nipple up to the time the scheduled wearing potatoes, macaroni, peas, spinach, carwhere the mother seems well, but the to the adult's mouth and tasting the begins, but the bottle-fed baby should be the scheduled wearing rots, beets, squash, or cauliflower. 4. A baby at any months or more suddenly with solventer or graham baby at six months or more suddenly milk. As the baby drinks slowly, the have from two to eight teaspoonfuls glass of milk with educator or graham have from two to eight teaspoonfuls begins to lose weight and to develop bottle may be encased in a woolen of strained orange juice daily, from six symptoms of retarded physical devel- bag or knitted cover to hold the heat, months upward. This is because in

weaned, it is safest to start him on diet of orange juice should be con-2. A persistent diarrhoea, with loss modified milk, that is, milk diluted tinued to bottle-fed bables after wear- Bread and milk or custard. 4. Cup of

At 10 months, both breastfed and fed bables after weaning. If there is a progressive gain in bottle-fed babies should be prepared Just as soon as the baby can sit up graham bread, if constipated. over a period of three weeks or more, cup. At first only modified milk is to make the acquaintance of the new-ness of the parents is so dependent. portions. Next comes milk combined efforts to share the repast of grown- YOUNG INDEPENDENTS TO From this it will be seen that the with thin catmeal or barley gruel ups are amusing. Doctors and moth-

of milk and toasted stale bread and

FORENOON Fruit, except banana. DINNER

1. Broth thickened with peas, farina, sago or rice; or beef juice with stale bread broken into it; or clear vegetable soup with yolk of egg in it. 2. Soft cooked egg, boiled, coddled, shirred or poached, 3. Baked potatoes, peas, spinach, carrots, 4, Dessert: apple sauce, baked apple, prune pulp, stale for nourishment and strength, the The illness is not drugged nor the milk. They are the gradual, gentle lady fingers, graham or arrowroot pressure of the little head against her small protesting voice of the sick baby preparation for the final weaning at 12 crackers, rice, bread, taploca or blancmonths. It is not good for either mange pudding, baked custards junket

at about this time, or the mother be-Milk (warm or cold), custard or comes anemic and the baby no longer prune pulp or apple (baked or in gains in weight, while its muscles be- sauce), or rice, or stewed fruit, with zwieback, bread or crackers.

The weaning of a bottle-fed baby is DIET FOR CHILD 2 TO 3 YEARS OLD. BREAKFAST.

Pruit, cereal, soft boiled or peached

no less serious than that of the breast-

fed baby. At 14 months, the bottle-fed

16 months, the diet shifts to three

well toasted bread boiled in milk.

Next comes farina cooked in half milk

For the benefit of mothers, who have

asked me at contests for a diet table,

suitable for children of various ages,

I am giving the following tables taken

om the folder, "Hints to Mothers,

compiled for the better babies bureau

by eminent dieticians. This folder

will be sent to mothers on receipt of

a stamped and self-addressed envelope

DIET FOR CHILD FROM 12TH TO

ISTH MONTH.

BREAKFAST.

pulp of six stewed prunes, eight ounces

of milk (half a pint), with either zwie-

back or toasted biscuits or toasted

hour before or half an hour after the

SECOND MEAL DURING FORE-

NOON MEAL.

chicken, beef or mutton, or three

ounces of beef juice. 2. Stale bread

FOURTH MEAL, MID-AFTERNOON.

Milk or toasted bread or zwieback.

EVENING MEAR.

24TH MONTH.

Of Udell's

Six ounces of soup made from

NOON.

Milk alone or with zwieback.

or milk toast, or bread pap.

Fruit should be given either half an

Juice of a sweet orange, strained, or

sept to me, care this paper.

stale bread

Here are the diet tables:

1. Soup as described in paragraph of chicken, boiled fish like halibut, or Dessert: apple sauce, baked apple. The hole in the nipple should be large the mother's milk there is a certain rice, junket or custard, also the desserts indicated in the dinner list above.

> 1, Stewed fruit. 2. A cereal, 3. ing and should be started for breast- warm milk or cocca, 5. Crackers, or zwieback: graham crackers or stale

weight, however, loose howels are not gradually for weaning. A baby nine in a high chair, he is welcomed at he The next talk on babyology will deal months old in good physical condi-average family table. Often this is with sleep, on which habit the health 3. Steady loss of weight extending tion may be taught to drink from a father's or big trother's only chance of the baby and the peace and happi

MEET FAST BLACK SCY

many a child's stomach ailments start-The Young Independents will clash ed at the family suppor table. Either the child frets for what he sees, and it with the Twenty-fifth street Black s easier to comply with his demands Socks on the gridiron tomorrow and than to discipline him, or some one a close game is expected. The indethinks it 1s "cute" to see him eat pendents will line up as follows: Frank 8:15. Two shows Wednesday and Sunfoods that should be served only to Shalroeck, c. Harry Baker, qb: Willie day nights. adults, and so the mischief is wrought. Morgan, lhb; Alfred Meyers, a rhb; The fairest thing to the child too Marvin Tolander, fb; Teddy Cragg, young for solld food is to feed him be ig; G. Pur, rg; Dan Cablinlog, re; fore the family meal is served and C. Puder, le; Camiel Stealand, It;

leave him safely sleeping or playing George Huber, rt. in another room. If h'seems neces- Captain Harry Baker challenges the sary, however, to have him at the fam. Ninth Street Eagles or will meet any ily table, then see that he eats only other team, whose players are 12 to such food as he can digest and assim- 13 years of age, the game to be played flate. As soon as he can handle a tomorrow morning. He may be comspoon, he may be given a little por-municated with by calling R. I. 2582. ringer of bread pap, the safest table

dish for a haby one year old. This is SINGER IN THE NEW HARPER CABARET



Miss Olive Galloway.

Miss Olive Callovay the new Four ounces thick gruel mixed with four ounces of top half milk (the cabaret singer at the New Harper taken, the stage settings are good and late and special soloist with Shild also especially engaged for a season top is 16 ounces, or a pint, from a case, whom Manager Carl Mueller has the costumes are fresh and pretty. kret's Hungarian orchestra at the at Old Vienna and received the first quart bottle), with zwieback. The gruel engaged for the winter season, comes grand gold medal for their work. Since may be made of oatmeal, faring, bar- direct from the east where she has lilinois theatre next Tuesday evening that time they have played all through ley, hominy, wheating or rice. 2. Ap- made a number of successful engage ments, and is making a tremendous DIET FOR CHILD FROM 18TH TO hit with her new and original cabaret songs. She not only pu's life and will present here for the first time Orange juice strained, or prune ginger into her song hits but has a at the Illinois tonight in which Eu-Well cooked cereal served strong and pleasing voice.

with top milk slightly sweetened or Mrs. Mae Richards-Casey will con-

el by the Author of "The

Shepherd of the Hills."

"PRINTER OF UDELLS" STAR



"That Printer of Udelis" is to be the attraction tomorrow at the Illinois. Matinee and night performances are to be given. Mr. Koch, the star, has many admirers here gained on former visits to the city.

Oct. 25-"Fine Feathers." Oc. 26-"That Printer of Udells." Oct. 30-31, Nov. 1-2-Dave Lewis in "Don't Lie to Your Wife."

EMPIRE.

FAMILY, MOLINE. daily at 2:45 and 8:15

AT THE ILLINOIS. climbs over the balcony rail at the young fellow refuses - naturally through three acts of thrilling and mos ly picking up the loose ends of a ludicrous situations that seem impos- business dea .-- and It's picking up eventually straightened out sa istac- millionaire.' And he goes on to crush torily. Travers Gladwin, played by the young man with the argument Edwin Evans, a young millionaire pie- that it isn't work that makes moneyture dellector, returns home unannounced to find his home occupied by a gentleman burglar, who is fast disposing of his famous collection of paintings, and who not only makes one else all your life. And the wife, use of his home, but of his name as well, and by this means wins the love of a beautiful society girl whom he induces to elope with him. Gladwin's friend, Whitney Barnes, a society man with nothing to do, assists the owner of the house to set a trap to capture the burglar and prevent the elopement of the girl, with whom, by the way, young Galdwin has fallen in love. In the working out of the play Gladwin persuades the policeman to lend him his uniform and he goes on watch to catch the burg ar while the officer remains in the house. The burglar, of course, is eventually trapped and compelled to give up the pictures that he has pilfered, the millionaire wins the love of the girl, the society man that of her cousin and everything ends lovely. The parts are really splendidly

In Collier's Weekly of Dec. 12, 1912, there appears an editorial concerning "Fine Feathers," the newest drama by Eugene Wal'er which H. H. Frazee gene Walter's latest play is mentioned as a worthy successor to his previous works.

"Mr. Eugene Walter's "Fine Feathers." says the Collier article, "has been playing in Chicago with great success since early August (1912). The 'fine feathers' in this case are the pretty things which an unconscious y selfish wife demands, and for which her devoted young husband sells his soul and eventually wrecks his happiness and hers. This characteristic American theme, with people taken, as he took them before, from the seat opposite in the "L" train or the flat overhead, Mr. Walter carries out the conclusion with the same force and acrid thoroughness which he showed in Paid in Full' and the 'Easiest Way.

The young couple live in a suburban bungalow for which they are paying n monthly installments. The wife, a to Robinson building, 208 Eighteenth pretty up-state girl, does her own street. housework, the husband is chief chemist in the government cement labora- to Robinson building, 208 Eighteenth tory and gets twenty-five dollars a street,-(Adv.) week. Wives do drive husbands to = live beyond their means and we can accept Bob and Mrs. Reynolds as symbols. They are scrimping and strug-Vaudeville performances at 2:45 and gling along, with the wife buying the new hat instead of paying the butcher's bill and not daring to tell her husband she has been to the matinee, when along comes an old friend of her Paniages vaudeville-Performances husband, now a successful business man, with a solution of all their troubles. He is interested in the building of a big dam, the architect for A fascinating farce, "Officer 666," which has specified a certain quality chock ull of surprising situations, of cement. Ordinary cement, he bright chatter and good clean humor, says, is quite good enough, and will was presented by a very capable com- last a hundred years, and if Bob, as pany at the Illinois last evening to a an expert, will but let the ordinary fairly good sized house. When Officer quality go through it will save \$200,-Phelan, played by Ernest Mack, 000, \$40,000 of which will be his. The home of a rich young globe trotter to that's stealing. The capitalist, keen, discover the cause of a light in the magnetic, with a hearty frankness house that has been closed for many which disarms less forceful men, months, the fun begins and con inues laughs this aside as absurd. 'It's

for the worker-the only thing that makes money is money-and unless you have some to turn over and make more you will be working for some-

Miss Hazel Huntley Song Recital

Augustana College Wednesday Evening, Oct. 29th. Assisted by

MISS FRANCES LIDMAN

by the half open door, overhears all. Mrs. Reynolds gives her husband the alternative to accept the proposition which will enable her to have the luxurles of her more fortunate neighbors or she will leave him, her home and all. The desperate husband, driven, surrenders, at last. 'I'll get my money first and reform afterward, like the rest of 'em.' he cries, and lets the cement contract, go through. He is not one of those, as his friend, the reporter says, who can do wrong and get away with it. The wrong gets away with him."

A great book and a great play are not always synonymous. In a great many cases the dramatization of a story has failed entirely to please. But such it seems is not the case with "That Printer of Udell's," by Harold Bell Wright. From the start to the finish the book has made a splendid acting drama. Each character stands out with fidelity to the story that is both refreshing and delightful. All the incidents that made the book so charming and held us from cover to cover are reproduced without loss of strength or interest, and of the dramatization made by Mr. Wright and Elsbery W. Reynolds, h may be safely aid that it has indeed made a splendid play, strong and pleasing and theroughly true to life. "That Printer of Udell's" will be the attraction at the Illinois tomorrow,

AT THE EMPIRE.

"The Duke of Durham." a musical comedy that proved popular with Emrire patrons last season, is to play a return engagement three days of next week, opening Monday. It is stated that the company consists of 22 people and carries all its own

Removal Notices.

Dr. S. B. Hall has moved his office

Dr. F. H. First has moved his office

Last Time Sunday to See That Great Act

Zira and Her Eight Live Leopards

TWO SHOWS SUNDAY NIGHT COMING MONDAY For Three Days Only

All New Songs

New Scenery That Big Musical Comedy

The Duke of Durham

All Matinees 10 and 15c

Phone Rock Island 708

TONIGHT "The Thrust of Hate"-Three parts, hand colored.

"Caught in His Own Net" Comic. "The Cow Town Reformation" -Kay Bee "For His Loved Ones"-Ma-

jestic. "Deceiving Dad"-Comic. Seven Reel Show for 5 Cents Two machines; no waits.

AUGUSTANA CONSERVATORY

Second Fall Term Begins Monday, Oct. 27.

Enroll now. Able Teachers, strong course.

Piano-Leading to teacher's certificate. Voice-Leading to teacher's certificate. Violin-Leading to teacher's certificate. Organ-Leading to teacher's certificate.

Theory required in all courses.

Public school music including methods, sight singing, history, psycology, practice teaching, with Milan schools as model.

For further information, address THE PRESIDENT, Augustana College, Rock

FAMILY THEATRE, Rock Island

Continuous Performance SUNDAY FROM

"The Steel King's Last Wish"

THREE PARTS-GREAT NORTHERN FEATURE The Old Folks at Home "Twickenham Ferry"

The Gambler's Pal

The Great Thanhauser Company Western Kay Bee Company DON'T MISS THIS GREAT FEATURE SHOW-TWO MACHINES-TWO OPERATORS-NO WAITS

PRICES-Matinee, Adults 50c, Children 25c. Night 25c, 50c, 75c, \$1.00.

The ILLINOIS

Sunday, Matinee and Night, Oct. 26

GASKILL & MacVITTY (Inc.) Announce

Everybody's Favorite Actor

HUGO B. KOCH

In That Printer old Bell Wright's Nov-

"Conceded the Success of the Year."

Mrs. Potter Palmer, chairman of the tended by Miss Alice Roosevelt, so ladies' committee at the world's fair, it is not surprising that he was sumand played at many of the most im- moned to Washington to play at her seasoned with butter and salt. 3. Glass tinue to sing in the cafe, also, portant concerts and social affairs dur- wedding. LLINOIS

Miss Offver of Moline is to be plan- ing that memorable year. They were

brought over from Hungary during to play for Prince Henry on his tour

he Chicago world's fair year, and through this country some years ago.

ork in Chicago at that time through played at Washington Park club, at-

especially engaged for concert While in Washington Mr. Schildkret

Schildkret's

Special Soloist

Mary Lindsay Oliver, Pianist

HEATRE

Schildkret's Hungarian orchestra was the east, returning to Chicago in time ple sauce or prune jelly.

TUESDAY, OCT. 28

Hungarian Orchestra

Popular Prices: 25c, 50c, 75c, \$1.00 SEAT SALE NOW